



# ***40-Minute Back Workout***

Equipment: Barbell, dumbbells, pull-up bar, cable machine, and resistance bands.

## **1. Wide-Grip Pull-Ups (4 sets x 8–12 reps)**

- **Why:** This bodyweight exercise is essential for building wide lats and creating that V-taper.
- **Execution:**
  - Grab the pull-up bar with a wide grip.
  - Pull your chin above the bar, focusing on engaging your lats.
  - Lower yourself slowly to the starting position.
- **Modification:** Use an assisted pull-up machine or resistance bands if needed.

## **2. Barbell Deadlifts (4 sets x 6–8 reps)**

- **Why:** Deadlifts are the king of back exercises, working your entire posterior chain and adding thickness to your lower and mid-back.
- **Execution:**
  - Stand with feet shoulder-width apart, barbell close to your shins.
  - Grip the bar with an overhand or mixed grip.
  - Engage your lats, keep your chest up, and drive through your heels to lift the bar.
  - Lower the bar with control.
- **Weight Tip:** Use heavy weights with perfect form to maximize gains.

## **3. Bent-Over Barbell Rows (3 sets x 10–12 reps)**

- **Why:** This compound movement targets your lats, traps, and rhomboids for thickness and detail.
- **Execution:**
  - Bend your knees slightly, hinge at your hips, and grab the barbell with an overhand grip.
  - Pull the bar toward your lower chest while keeping your elbows close to your body.
  - Lower the bar back down with control.

## **4. One-arm dumbbell Rows (3 sets x 10–12 reps per arm)**

- **Why:** Focus on unilateral strength and improving muscle imbalances.
- **Execution:**
  - Place your right knee and hand on a bench for support.
  - Row the dumbbell with your left hand, pulling it toward your hip.
  - Lower the dumbbell slowly and repeat on the other side.

## **5. Lat Pulldowns (3 sets x 10–12 reps)**

- **Why:** This isolates the lats, building width for that V-taper.

- Execution:
  - Sit at the lat pulldown machine with your thighs secured.
  - Grab the bar with a wide grip, palms facing forward.
  - Pull the bar to your chest, squeezing your shoulder blades together.
  - Slowly return to the starting position.

## 6. Seated Cable Rows (3 sets x 12–15 reps)

- Why: Targets the mid-back and rear delts for balanced development.
- Execution:
  - Sit on the row machine, grab the handle, and keep your back straight.
  - Pull the handle toward your torso, squeezing your shoulder blades together.
  - Slowly release to the starting position.

## 7. Face Pulls (2 sets x 15 reps)

- Why: Strengthens rear delts and traps for a more complete, balanced back.
- Execution:
  - Attach a rope to the high pulley of a cable machine.
  - Grab the rope with both hands, pull it toward your face, and flare your elbows outward.
  - Slowly return to the starting position.

## 8. Finisher: Dead Hangs (2 sets x 30–60 seconds)

- Why: Improves grip strength and decompresses the spine.
- Execution:
  - Hang from a pull-up bar with an overhand grip.
  - Let your body relax and stretch, maintaining a firm grip.

## Cool Down and Stretch (5 minutes)

- Perform static stretches for your lats, traps, and lower back to enhance recovery and flexibility.